

August 14, 2009 Vol. 66 No. 32



Comedians Ity and Fancy Cat perform for Guantanamo Bay residents during the Jamaican Independence Day Celebration, Aug. 8, at Ferry Landing. The comedians flew to GTMO from Kingston, Jamaica for the celebration. L.U.S.T., a Jamaican reggae group, also performed at the celebration. *Photo by Leona Mynes*.

Celebration marks 47 years of Jamaican Independence

By Mass Communication Specialist 3rd Class Leona Mynes

The Guantanamo (GTMO) Bay community commemorated Jamaica's 47th year of independence from British rule in a celebration Aug. 8 at Ferry Landing.

According to Everton Hylton, the Jamaican Independence Day Committee president, approximately 700 members of the community attended the event.

Jamaican comedians Ity and Fancy Cat and Jamaican reggae artists L.U.S.T provided entertainment for the concert at the beach. Naval Station Commanding Officer Capt. Steven Blaisdell commended the Jamaican employees here in GTMO about their contributions to

the military's mission.

"The Jamaican community here at GTMO is the backbone of the contractor workforce, and without them, executing our various missions would be difficult, if not impossible," Blaisdell said.

Blaisdell said that the worked performed by the Jamaican workers in GTMO is a direct link to maintaining the command's morale.

"We are indebted to our Jamaican friends for their sacrifices which ensure the safety of lives and property here at GTMO," Blaisdell said. "It is this selfless dedication to duty that is representative of the Jamaican community."

According to CIA.gov, Jamaica gained full independence from 307 years of British rule Aug. 6, 1962.

"Jamaicans were brought to this 'new world' in shackles and chains worn like jewelry," said Pastor Daniel Kelly, the keynote speaker at the event. "But they did not forget that they were princes, princesses, kings and queens."

Kelly said each generation of slaves brought new light to their oppression, learning to read and write their slave owners' language.

"Education is what we must teach the youth of Jamaica," Kelly said. "Jamaica will not die with us, but will be ruled by our children in the coming years."

Through these struggles, Kelly said, Jamaican heritage was born.

Blaisdell acknowledged the rich culture of Jamaica and what that country's spirit brought to GTMO in his closing remarks.

"On behalf of all GTMO residents, I thank you for your indomitable spirit, your sense of duty to this community and most importantly, your friendship."



NAVAL STATION **GUANTANAMO** BAY. CUBA



Commanding Officer

CAPT. STEVEN H. BLAISDELL

Executive Officer

CMDR. PAUL MITCHELL

Command Master Chief

CMDCM(SW/AW) KEITH CARLSON

PAO

MR. TERENCE PECK

LCPO

MCC(SW) BILL MESTA

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The Guantanamo Bay Gazette is an authorized publication for members of the military services and their families stationed at U.S. Naval Station Guantanamo Bay.

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> Get the Gazette online at www.cnic.navy.mil/guantanamo.

For classified ad submissions: please limit word count to 20 words or less. Ads must be submitted, via email ONLY, no later than noon every Tuesday to pao-ClassifiedAds@usnbgtmo.navy.mil.



IVE. WEEKLY CAPTAIN'S CAL

12 p.m. Tuesdays

Tune into FM 103.1 The Blitz, FM 102.1 The Mix, 1340AM or the Roller Channel 4.

Got questions?

E-mail Openline@usnbgtmo.navy.mil or call 2300 or 2351 during the Tuesday show

Want to speak on Openline?

Make an appointment with MCC Bill Mesta by e-mail or phone: lewis.mesta@usnbqtmo.navy.mil or call 4520 or 4502. No walk-ins please!

SAILOR OF THE WEEK

YNSR Ricardo Ledesma San Diego, Calif.

NAVSTA Admin

"I am very honored because I'm the 'new guy'."



Photo by MCC (SW) Bill Mesta

SCUBA DIVING SAFETY TIPS

from NDC (DSW/SW) Michael A. Hajduk, the Naval Station Command Diving Officer

All certified SCUBA divers must register with NAVSTA GTMO Port Operations before diving in Guantanamo Bay.

Dive plans must be submitted to NAVSTA Port Operations prior to commencing any SCUBA diving evolution.

Do not skip breaths or interrupt breathing at any time while diving.

Maintain a controlled ascent to the surface.

U.S. Navy Divers ascend 30 feet-per-minute. Civilian divers ascend 60 feet-per-minute. When in doubt, slower is better.

Never dive if suffering from a respiratory condition such as a cold or any other condition that causes respiratory congestion.

If you are being treated for any medical condition consult your physician and make sure you are cleared to dive.

If you are taking any prescribed medication consult your physician prior to diving, as some medication and diving don't mix.

Do not consume alcohol within 12 hours of a dive.

If you have not completed a dive in an extended period of time, enroll in a refresher course or conduct a familiarization dive at the pool and review normal and emergency diving procedures.

Maintain good physical readiness.

Ensure your equipment is in good condition, operating properly and periodic maintenance is being completed in accordance with the owner's manual.

Strictly adhere to the No Decompression tables.

Contact Port Operations via VHF radio channel 73 or by calling 4188 prior to and upon completion of each dive.

Do not dive within 24 hours of flying.

Plan your dive and dive your plan.

Contact the NAVSTA Dive Locker by calling 4444 if you have any diving questions or concerns.

RELIGIOUS SERVICES

BASE CHAPEL

Catholic

Daily Catholic Mass Mon. - Fri. 5:30 p.m. (Main Chapel)
Vigil Mass, Sat. 5 p.m. (Main Chapel)
Sunday 9 a.m. Mass (Main Chapel)

Protestant

(GTMO Chapel)

Sat. 11 a.m. Seventh Day Adventist Service (Room B) Sun. 5:30 a.m. Iglesia Ni Christo (Room A) 8 a.m. Pentecostal Gospel Temple (Room D)

9 a.m. LDS Service (Room A)

10 a.m. Liturgical Service (Room B)

11 a.m. General Prot. Service

11 a.m. United Jamaican Fellowship (Bldg 1036)

1 p.m. Gospel Service

1 p.m. LORIMI Gospel Service (Room D)

6 p.m. GTMO Bay Christian Fellowship (Main Chapel)
 8 p.m. GTMO Christian Fellowship (Main Chapel) Small Group Ministry

Friday Religious Services

1:15 p.m. Islamic Service (Room C) 7 p.m. Jewish Service (FMI call 2628)

JTF TROOPERS CHAPEL

Catholic Services

Wed. 11 a.m. Spanish Mass (New) Sat. 6:30 p.m. Vigil Mass (PPI Chapel) Sun. 7:30 a.m. Sunday Mass (New)

Guantanamo Bay Ombudsmen



NAVSTA OMBUDSMAN Connie Schiltz Call 84792 or 78519.

JOINT TASK FORCE OMBUDSMAN

Marjorie True (757) 705-3538 NEGBombudsman@yahoo.com

US NAVAL HOSPITAL OMBUDSMAN

Jennifer Mangum Call 5048.

What the Navy wants you to know before you go

By Chief Mass Communication Specialist (SW) Maria Yager, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- The Navy announced the establishment of the Career Transition Office (CTO) July 30 to assist Sailors transitioning between the Navy's active and Reserve components.

"The overall goals of the Career Transition Office are to ease the transition of personnel into active duty and Reserve billets, decrease transition processing times and error rates, and increase Reserve affiliation among qualified Sailors leaving active duty," said Vice Adm. Mark Ferguson, chief of naval personnel.

The CTO was established under the Navy's continuum of service initiative. It is designed to develop flexible service options to meet Sailors individual career objectives.

"The Navy Reserve offers excellent opportunities for Sailors to continue their Navy careers while pursuing their goals in the civilian world. By reaching out to those Sailors leaving active duty, the Career Transition Office will help them make informed decisions about the options available to them in the Navy Reserve. Navy Reservists

often claim they have the best of both worlds," said Vice Adm. Dirk Debbink, chief of Navy Reserve.

According to NAVADMIN 229/09, the first of three spirals is to be phased in over the next 14 months. The CTO is focusing on the 1,700 officers who depart the Navy annually. The CTO seeks to increase the number of departing officers who affiliate with the Reserves which will further fortify the Reserve component with experienced Navy veterans.

Spiral two will address enlisted personnel transitions, integrations with Career Management System Interactive Detailing and Sailors separating due to Perform to Serve. Spiral three will address Reserve component to active component flow.

"We are reaching out to officers every day. We talk to officers in Iraq, Japan, Germany, and on deployment at sea. Regardless of where you are in the world, we can help you," said Ensign Andrea Fallas, a Reservist recalled to work as a transition assistant assigned to the CTO.

Benefits for Reserve affiliation include inexpensive medical and dental coverage for Reservists and their families, up to a \$20,000 Reserve reenlistment bonus, up to \$75,000 in

special pay for officers, and additional training if rating conversion is offered. Reservists also maintain base MWR, exchange and commissary privileges.

Additionally, Sailors departing after six years of active duty who are eligible for the Post-9/11 GI Bill may be eligible to transfer education benefits to their spouse or children by incurring and completing the four-year additional Armed Forces service requirement in the Navy Reserve.

The Navy Reserve offers a twoyear deployment deferment for Sailors who join the reserve within six months of leaving the active component. Sailors who affiliate with the reserve after six months, but within one year of leaving active duty, qualify for a one-year deferment from involuntary mobilization.

Future program plans for the CTO include managing all enlisted personnel by directing active to reserve transitions, centralizing administrative actions in processing and streamlining non-mobilization Reserve-to-active-duty transitions.

For more information, read NA-VADMIN 229/09 and visit the CTO Web site at http://www.npc.navy.mil/CareerInfo/Transition/.

CPO SELECTEE SPAGHETTI DINNER

Aug. 19, 6 - 9 p.m. at the Community Center

\$10 per plate

U. S. NAVAL HOSPITAL Guantanamo Bay, Cuba

Change of Command Ceremony

Capt. Bruce C. Meneley
will be relieved by
Capt. David G. Wright
Aug. 31 at 7:45 a.m.
United States Naval Hospital Guantanamo Bay, Cuba

Military: Summer whites or service equivalent; JTF: DCU; Civilian: Appropriate attire



YOKOSUKA, Japan (July 6, 2009) Master Chief Petty Officer of the Navy (MCPON) Rick West speaks with chief petty officers at U.S. Naval Ship Repair Facility, Yokosuka during his visit to Commander Fleet Activities Yokosuka, Japan. West is on a ten-day tour of Japan, his first visit since taking the position as MCPON. *Photo by MC1 Jennifer A. Villalovos.*

MCPON urges Sailors to look out for shipmates

By Mass Communication Specialist Senior Chief Bill Houlihan, Master Chief Petty Officer of the Navy Public Affairs

WASHINGTON (NNS) -- During a conversation with Sailors Aug. 5, the master chief petty officer of the Navy (MCPON) said that stress on the Navy family and operational stress control will be two significant points of emphasis for him for the rest of the summer.

"We have to look out for each other. I need everyone to be on the lookout for the signs of stress because too often our Sailors aren't going to seek help on their own," said MCPON (SS/SW) Rick D. West, when he spoke with Sailors assigned to the White House Communications Agency on board Anacostia Naval Station.

"No one should feel they're in this by themselves."

West has been addressing stress

control most of the summer. He says it's the Sailors who have concerns but don't share them with leaders and shipmates who worry him as much as those crew members who are referred for counseling or treatment.

"As much as we know about it and as many tragedies we've had to endure, I'm betting there are still thousands of people across our Navy who need help but aren't asking for it."

West said it is his intent to discuss the problem with every group of Sailors he speaks with and focus on breaking down the myth that admitting to a problem is a sign of weakness or can hurt a Sailor's career.

"That's the biggest problem as I see it. Too many of us feel that depression or suicidal ideation is a stigma, a character flaw that we're ashamed to admit. Well...none of us have good days every day."

West will be filming a video on op-

erational stress control which should hit the fleet by the end of the summer. He said he would like to use that opportunity to discuss with Sailors of all ranks different approaches to recognizing and dealing with stress.

"From seaman to admiral, we have a shared responsibility to stay ahead of the curve. What does that mean? We train hard, stay fit and healthy, look out for each other. When you notice signs of stress in yourself or others — cutting corners, irritability, trouble sleeping — talk to a shipmate, friend, family member or someone else you trust. If you see the signs of more serious stress, get help immediately from your chain of command, chaplain or medical provider."

For more news from Master Chief Petty Officer of the Navy, visit www. navy.mil/local/mcpon/.

MWR EVENTS

HOTTER THAN HADES 5K MIDNIGHT FUN RUN

Aug. 15, 12 a.m. at Denich Gym Check in at 11:30 p.m. Sign up at Denich Gym. Deadline is Aug. 12. FMI call 2010.

PRE-SEASON 7-ON-7 Flag football Tournament

MEN'S AND WOMEN'S DIVISION Aug.14 6:30 p.m. at Cooper Field. FMI Call 2113.

THE FLAG Football Combines

Aug. 29, 7:30 a.m. at Cooper Field Sign up at the gym by Aug. 21. 40-yard dash, 255 lb. bench press, standing vertical, board jump, three-cone drill, shuttle run. FMI contact Ryan at 75576.

MWR PRESENTS Polynesian Night

At the Tiki Bar.
Bring the whole OSHANA
for dinner and a show.
Aug. 26, 7 p.m.
Reservation required.
Roast Pig, Macadamia Rice Pilaf,
Hawaiian Stir-Fry Vegetables,
Hawaiian Fruit Plate, Guava Cake.
Adult - \$15 & Under age 12 - \$6.50.
FMI call 75604 or 2046.

DOWNTOWN Street Line 1

Friday August 14 - 8pm Transformer: Revenge of the Fallen PG13 140 min

Friday August 14- 10pm Taken of Pelham 123 R 95 min

Saturday August 15 - 8pm The Proposal PG13 108 min

Saturday August 15- 10pm My Sister's Keeper PG13 110 min

Sunday August 16 - 8pm Year one PG13 97 min

Monday August 17- 8pm
My Life in the Ruins
PG 96 min

Tuesday August 18 - 8pm Imagine That PG 107 min

Wednesday August 19-8pm Land of the Lost PG13 102 min

Thursday August 20 - 8pm My Sister's Keeper PG13 110 min



FOR SALE

(2) Water skis-\$30, Knee board-\$40, Large Tube-\$60, Medium Tube-\$40, Small Tube-\$20 \$150 for everything. FMI call Paul 74233

(2) Large Capacity Washer and Dryer, still new. \$1200 retail will take best offer. Call 74466 or 8345. (2) Dive Gear - Excellent condition. Everything you need except for tanks. \$500 / OBO. Call 72380/84708/79528.

(2) SafariLand commercial ballistic Body Armor, good condition, never penetrated. \$350. Call 74466

(2) Toshiba Laptop w/ DVD burner & webcam. \$700 OBO. FMI call 77043.

(2) New 4 place setting of Polish Pottery dishes. Call 2623 from 5-9 p.m.

(2) Two small dressers \$20.00 each. Call 2623 from 5-9 p.m

(2) Hutch for storage/micro wave \$25.00. Call 2623 from 5-9 p.m.

(2) Refrigerator with micro wave \$25.00. Call 2623 from 5-9 p.m.

(2) Granite kitchen island on wheels \$50.00. Call

(2) Grante kitchen island on wheels \$50.00. Call 2623 from 5-9 p.m. (2) 4 piece dark wood bedroom furniture \$200.00. Call 2623 from 5-9 p.m. (2) Scrapbook albums, rubber stamps, paper, organizing containers, etc. Plus-size clothing/shoes. Glasses, pictures, canisters, etc. in palm tree theme. Plants. Call 2623 from 5-9 p.m.

(2) Chocolate Queen size platform bed frame-\$300. FMI 77357.

(2) Living Room Sofa and Loveseat - \$350. FMI 77357. (2) Dining Room Table and (4) Chairs-\$200 FMI 77357.

(2) Lexmark Printer w/ new Color & Black Ink Cartridges \$50. FMI 77357

(2) 36" CRT Panasonic TV- \$150 FMI 77357

(2) Bose Companion 3 Speaker System- \$200 FMI 77357. (2) Scubapro glideplus BCD \$350. FMI www.

divegtmo.com or njord@divegtmo.com. (2) Cobra Suunto Dive Computer w/ quick connect

& data cables \$400. FMI www.divegtmo.com or njord@divegtmo.com.

(2) JBL 22 Explorer Speargun w/ new breakaway tip & bands \$75. FMI www.divegtmo.com or njord@ divegtmo.com.

(1) eLED C8 dive light \$100. FMI www.divegtmo. com or njord@divegtmo.com.

(1) Glass top computer desk \$30. FMI www. divegtmo.com or njord@divegtmo.com.

(1) Louis Vuitton Speedy 30 in Epi leather. Excellent condition. FMI call x9830 or x77792, 10 a.m. - 8 p.m.

(1) Aero Bed, full size inflatable bed (brand new), \$80. FMI call x9830 or x77792, 10 a.m. - 8 p.m.

(1) Portable hard bonnet hair dryer (brand new) \$50. FMI call x9830 or x77792, 10 a.m. - 8 p.m.

(1) Scrap book albums, rubber stamps, paper, organizing containers, new plus size clothing, shoes, palm tree theme items and plants. Call 2623.
(1) Polish Pottery New 12 piece dish set, dress-

ers, pop up screen house and a new Juice Extractor Machine. Call 2623.

VEHICLES AND BOATS

(2)14.5 ft. Bayliner Capri, very reliable Johnson 70HP, Fixed mount Radio, Depth Finder, Stereo/CD player, Trailer, \$3000/OBO...FMI call Paul 74233. (2) Cobia 19 ft Speedboat. The perfect boat for watersports (wakeboarding, tubing etc.) Call 74466

or 8345. \$7,000 OBO.
(2) '93 Suzuki Intruder 1400 motorcycle w/ windshield. Shaft drive, water cooled. 15K miles. Engine guard, highway pegs & toolkit. \$3900 / OBO. Call 72380/84708/79528.

(2) '93 Toyota Tercel, Manual Trans, A/C doesn't work. Runs excellent. \$500. Call 74421 or email dave92266@live.com.

(2) 28' Bayliner Deck Boat w/ trailer. 175 HP engine. Pole/cup holders, new radio/CD player, depth finder, 2 anchors, live bait well, sun top. \$9,000 OBO. Call 74444/E-mail bmeneley@att.net.

(1) '90 Honda CVCC 2 door hatchback, good condition, runs well, AC, recently serviced, \$2,000 OBO. Call 74444.

(1) 1987 Ford F 150 pick up, 4 speed manual shift, PS, mechanically sound, runs well. \$1,400 OBO. Call 74444.

(1) 2005 Emerald Green Jeep Liberty Renegade 71,000 well cared for, needs nothing. \$7800 Obo. FMI, Contact Charlene @ 7-7098 or 7-2313. (1) 1998 Ford Escort with A/C. Runs great, in excellent condition. \$3500 OBO. FMI: call Trecia 77593 (1) 20' Pontoon. 48HP Johnson, good runner. \$1400/ OBO pls. Call 90118 or e-mail david ross 2@ hotmail.com.

YARD SALES

(2) Aug. 22-23, 7:30-10 a.m. Everything goes, glass dining room table & chairs, kitchen stuff; no toys, kids or women cloths. Radio Point RP720 (1) Aug. 15, 8 - 11 a.m. Caribbean Circle 1C. Yard

tools, books, book shelves, misc. (1) Aug. 15, CP 16A 7 - 9:30 a.m. PC Monitor, Nice

Furniture, Clothes & Misc.

(1) YARD SALE. Caribbean Circle, unit 17A. Aug. 14, 5 p.m.-7 p.m. & Aug. 15, 9 a.m.-noon. (1) PATIO SALE. Aug. 15, 6-9 a.m. Villamar, Unit 35C.

Jobs

(2) BRSC Air Operations is seeking a motivated person for the challenging and exciting position of Passenger Service Agent to work part-time at the Leeward Air Terminal and Windward Annex. Must be U.S. citizen and able to pass a background check. We offer a flexible schedule, excellent pay and a pleasant working environment. Customer / Passenger Service experience helpful but not required. Please send resume to mveditz@yahoo.com or call Mr. Mark Veditz @ 6305 or 90489

(2) Fleet and Family Support Center needs Sexual Assault Victim Program Coordinator. Negotiable Salary, Open until filled. Must be U.S. Citizen, pass background check. Duties as Sexual Assault Victim Intervention (SAVI) include providing training, education, consultation, advocacy, data collection and running SAVI GMT. Must have specialized prior experience or directly related education. To apply go to CNRSE Forward Deployed Detachment, Human Resources Office, Room 211, Bulkeley Hall, Building 2144 ing 2144.

(2) Information Systems Department needs an IT Specialist. Negotiable Salary, Open until filled. Must be able to pass background check and obtain Secret security clearance. To apply go to CNRSE Forward Deployed Detachment, Human Resources Office, Room 211, Bulkeley Hall, Building 2144.

(2) Fleet and Family Support Center needs Work and Family Life Specialist. Negotiable Salary, open until filled. Must be U.S. citizen, pass background check. Duties include planning, implementing, administering and counseling concerning work/family life issues. Must have degree in behavioral science/related discipline. To apply go to CNRSE Forward Deployed Detachment, Human Resources Office, Room 211, Bulkeley Hall, Building 2144.

(2) The Vet Clinic has an opening for a front desk receptionist. Approximately 25 - 30 hrs per week. Some computer skills needed. If interested, please call the vet clinic at 2212 or 2101.

(2) The Navy Exchange is looking for skilled manicurist. Full time and part time positions are available. Must have experience and credentials. FMI c. 74115.

JOHN PAULJONESHILLHGMRSHD Q INEIHCAEBLLIMDNIWUALMOHR SZBPVEIVDSZGSBVNJHARDHSDO ODJEUAGLPEOCUMORCMNIHWPDI N B S A G P N I L L E L X R L A K X T N W I I U W TEMCGRLAFICRTWEIDAAALSTZY WETDCABMNPHPBVBQSNXLVAUB CMURNABARESYOPCJIAOAHLPK COKEQLHBEAERDJIKKLMYHVCGE JOPQLOUCSHEHYIFNETOFYAAQS RACSUCMTHTTJSNVETRRTENYEU PMABUCGTTAHNLLWECGIVLMITO J B M B A O I G H P S O A Y O P A V Z E L Y L H AXJTVKOBTLMRSCCRAEDKWNLK H C A E B E L B A C P D A F T E E Z R A L T Z T R HICACALBEACHSNPIJUFKUSBHE LLIHENARCPKCFKBKKGMHBAVEJ RXOAWINDJAMMERMEWHWWNMINS RADIOGTMOSANAUGIAIVANPLIE MKBTARAWARLLOYYCLCNNSSLRE UXVIXDFHVTMDJDKIEAHDUOAAB OXSPKHMTLZYDFCORRVZEWNMMA I P O T S I B M F U R L I U Z A S A M D B A A X E MKRBDCTRBKTODBTLDWZNLTRGS JGIRTNNGYJYNQSXVJOVBWWWDH

BANANA RATS BULKELEY HALL CABLE BEACH CHAPMAN BEACH CRANE HILL CUBA CUBAN CLUB DEER POINT

GOLF BALLS GTMO GTMO QUEEN GUANTANAMO RIVER HICACAL BEACH HOSPITAL CAY **IGUANAS** IT'S ON THE BARGE

GTMO Word Search

JERK HOUSE JOHN PAUL JONES HILL KITTERY BEACH LEEWARD LYCEUM MARINA MARINE HILL MCSFCO NORTH EAST GATE PAPERCLIPS PHILLIPS DIVE PARK RADIO GTMO SEABEES SHERMAN AVE TARAWA TIKI BAR VILLAMAR WINDJAMMER WINDMILL BEACH

WINDWARD



SAN DIEGO (Aug. 6, 2009) Sailors disembark the Los Angeles class attack submarine USS Albuquerque (SSN 706) as they arrive in their new homeport at San Diego. Albuquerque has completed her change of homeport from Groton, Conn., to Naval Base Point Loma, the first homeport change in her history. (U.S. Navy photo by Mass Communication Specialist 2nd Class David Quillen/Released)

